

Greetings Residents!

We are excited to share our May edition of *Lifestyle @ Home*. This publication is designed to extend our connection directly into your home and everyday life, offering thoughtful ways to stay engaged, informed, and inspired throughout the month.

May is bursting with reasons to celebrate, from festive traditions and meaningful moments of gratitude to warmer days that invite us outside and back together again. Whether you're enjoying tacos with family, cheering on the Kentucky Derby, honoring the heroes who served our country, or slowing down to celebrate the special people in your life, this edition of *Lifestyle @ Home* is filled with simple, playful ideas to help you enjoy the month!

KEEPING KIDS BUSY

Cinco de Mayo Color & Craft

Turn learning into a celebration with hands-on activities inspired by Cinco de Mayo. Kids can create colorful hats, banners, shake up homemade maracas, or explore fun facts about the holiday while crafting. Explore kid-friendly Cinco de Mayo crafts by [clicking here](#).

Derby Day Hat Parade

Let imaginations run wild by creating Kentucky Derby-style hats using paper plates, cardboard, ribbon, and faux flowers. Once the designs are complete, host a mini hat parade at home before the big race. This event is fun for the whole family! Get Derby hat [ideas here](#).

30 Awesome Mother's Day Crafts and Activities

Mother's Day is a great opportunity for students to create something meaningful while practicing skills like writing, fine motor work, creativity, and even a little problem-solving. Whether you're looking for a simple card, a keepsake gift, or a classroom activity that ties into literacy, art, or recycling, these [Mother's Day crafts for kids](#) offer plenty of heartfelt ideas for celebrating moms and other special caregivers.

Memorial Day Patriotic Projects

Help kids honor Memorial Day with thoughtful crafts like flag art, poppy creations, or red, white, and blue sun catchers. [These activities](#) offer a meaningful way to talk about gratitude and remembrance.

ONLINE LEARNING FOR ADULTS

The Story Behind Cinco de Mayo

Cinco de Mayo is often celebrated with food and fun, but its history runs much deeper. Explore the story behind the Battle of Puebla and why this holiday matters by [clicking here](#).

Kentucky Derby Traditions & History

From the famous garland of roses to the iconic hats, the Kentucky Derby is rich in tradition. [Take a behind-the-scenes](#) look at how this historic race became a beloved cultural event.

Honoring Memorial Day

Memorial Day is a time for reflection and remembrance. [This resource](#) explores why the day is observed and how it has been honored throughout history.

HEALTHY COOKING

Fresh Cinco de Mayo Favorites

Lighten up your fiesta with fresh, flavorful recipes like grilled fish tacos, homemade salsa, and simple guacamole made from wholesome ingredients. Find fresh Mexican-inspired recipes by [clicking here](#).

Kentucky Derby Inspired Bites

Celebrate race day with lighter takes on Southern classics, think cucumber tea sandwiches or refreshing mint-inspired drinks. Take your pick of Derby Day favorites by [clicking here](#).

Memorial Day Grilling Made Simple

Kick off summer with balanced grilling ideas that feature lean proteins, colorful vegetables, and refreshing sides perfect for gathering at home. Browse healthy grilling recipes for your [holiday festivities here](#).

FITNESS

15-Minute At-Home Strength Routine

No gym required! This quick full-body workout can be done in your living room and fits easily into a busy schedule. Follow along and get [started here!](#)

Family Movement Fun

Turn movement into play with music, dance breaks, or backyard games that get everyone moving together. Get family-friendly fitness ideas by [clicking here!](#)

STAYING HEALTHY IN BODY AND MIND

A Moment of Gratitude

Mother's Day and Memorial Day reminds us to pause and appreciate the people and moments that matter most. Try writing down one thing you're grateful for each day this month. Learn more about gratitude practices and the benefits of this exercise by [clicking here](#).

STAYING HEALTHY IN BODY AND MIND CONTINUED

Spring Digital Reset

Take time this spring to reset and refresh your space. Start small, like decluttering one digital area, such as emails, photos, or apps, for a simple mental reset. If you are ready to go further, explore ideas to organize your home, enhance curb appeal, and refresh your décor from the kitchen to the bedroom. You will also find expert renovation advice and product recommendations from the Good Housekeeping Institute. Check out this article on [100 organizing tips here](#).

Breathe & Reset

A simple breathing exercise can help calm the mind and recharge your energy anytime. Breathing exercises don't have to take up much of your day. Effective breathwork practice can involve taking a few moments to focus on your breathing. [Click here](#) for a few ideas to get started.

“In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.”

— Dietrich Bonhoeffer

Stay healthy, inspired, and connected,
Your Team at FirstService Residential

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